

# SUMMER

*Summer is here. Time to...*



**Test** Testing dropped during the pandemic. Schedule a confidential, nonjudgmental test for HIV/STDs and Hepatitis C.



**Cover** Condoms are easy to get, easy to use, and free at locations near you.



**Ask** PrEP is a daily pill that can keep you HIV-negative. Ask a health care provider if PrEP is right for you.



**Keep up** with health care. If you're living with HIV, consistent treatment keeps your viral load undetectable. Undetectable = Untransmittable (U = U). Learn more: [iamnotarisk.org](http://iamnotarisk.org).



**Immunize** The COVID-19 vaccine is the most effective way to prevent the virus AND it's available at no cost.



**Accept and agree** Consent should be clear, ongoing, and voluntary.



**Vibe** It may have been awhile since you got together. Be kind to yourself. It's okay to take things slow.



Washington State Department of

**Health**

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